



HOP'N Club

Module 11: Move More, Sit Less

BACKGROUND

Many children are not currently meeting the guideline for physical activity 60 minutes per day. On average, children spend more time in the sedentary state of television watching than they spend in school. Children can benefit in many ways by watching less television, including academically, socially, with nutritional intake, and increasing energy expenditure.

OBJECTIVES

Youth will

1. Become aware of television watching habits.
2. Learn appropriate active substitutions for sedentary behavior.
3. Gain knowledge of how to make home environments more activity-conducive.

STRATEGIES

1. Promotion of knowledge of physical activity;
2. Active learning;
3. Self-monitoring of television time.

TIME NEEDED

60 minutes

- Physical Activity Relay (23)
- Active Gifts (27)
- TV Diary & Wrap-up (10)

GETTING READY

1. Markers
2. Scissors & Glue
3. TV diary sheets
4. Construction Paper
5. Active Gift Wish List
6. P. A. Relay Cards
7. 5 Hula Hoops
8. Active Toy Catalogs

1. Greeting & distributing nametags.
2. Physical Activity Relay. The students will become aware of appropriate active substitutions for sedentary behaviors by playing a relay game that incorporates acting out physical activities.
3. Active Gifts. Students will learn the difference between gifts promoting sedentary behavior and gifts promoting physical activity. Students will make a collage and a wish list of physically active gifts to pass on to their families. Students will also shop for physically active gifts to give their family members.
4. TV Diary & Wrap Up. Students will receive a TV diary sheet to record their screen time on two days. The instructor will explain and show an example of how to fill out the TV diary.

Fun on Your Own!

The students can continue to develop an Active Gift Wish List. The students will also have 2 TV Diaries to fill out on two week days.

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Activity 1: Physical Activity Relay

Objectives:

- The students will become aware of appropriate active substitutions for sedentary behavior.

Materials:

Cards with physical activity and sedentary activities written on them

Five Hoops

Time:

Instructions (6)

First round of game (7)

Transition (1)

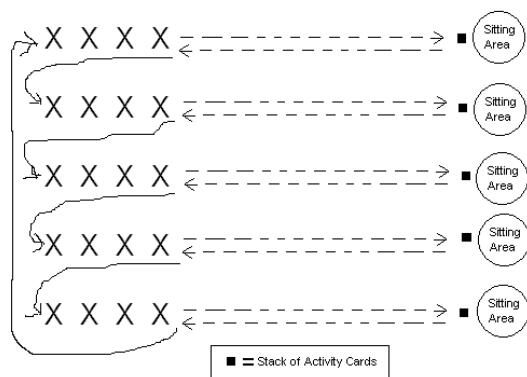
Second round of game (7)

Wrap up (2)

Total: ~23 minutes

Procedure:

The instructor will describe the rules and procedures for game play. The students will line up in groups of four or five. A student will run down to the stack of cards, pick up the top card, and read the card. If the card has a physical activity on it, the student will act out that activity back to the line they came from and tag the next student's hand. (For example: if the card says, "run," the student will run back; or, if the card says, "basketball," the student may pretend to dribble back.) However; if the card says a sedentary activity, the student will sit down criss-cross in his/her line's hula hoop. When the next student in line sees the person in front of them sit down, they will run to the stack of cards and draw a card. If he/she draws a physical activity card both students will perform that activity back to the line. If the next student draws a sedentary activity card, the student will join the prior student in sitting criss-cross and waiting for a physical activity card to be drawn. After a student tags the next student in line they will go to the back of the line to the right of their previous line; a student in the farthest line to the right will go to the line on the far left. The game will continue until all cards have been drawn and all students are back in a line. The game will be played a second time with the entire group working towards beating their first time. The instructor will guide the students in a discussion concerning sedentary and physical activities.



Follow-up/ Assessment:

This activity is designed to help students develop a physical activity compared to sedentary activities construct that they will use and further develop in Modules 11 and 12.

Modifications:

Instead of rotating through the lines students could stay with the same group in the same line.

Discussion Points

Sedentary activities are activities that you do while sitting and you don't move very much.

Sedentary activities often leave you feeling tired.

It is hard to get 60 minutes of physical activity in when you spend more than two hours a day sitting in front of a screen.

Physical activities are activities that get you up and moving.

Physical activities are fun, make you feel good, and keep you healthy.

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Activity 2: Active Gifts

Objectives:

- The students will demonstrate knowledge of appropriate active substitutions for sedentary behavior.
- The students will demonstrate knowledge of how to make home environments more activity-conducive.

Materials:

Magazines and ads
Scissors
Glue
Construction paper
Active Gifts Wish List Handout
Markers

Time:

Discussion (4)
Creation of collages and wish lists (19)
Wrap up (4)
Total: ~27 minutes

Procedure:

The instructor will begin the lesson by asking students any holidays that are coming up where they might be asking for presents. The students will share the names of presents they are hoping to get. The instructor will show the students a series of possible presents. The students will respond with what they would do with the gifts and if these gifts would facilitate active or sedentary behaviors. The students will use catalogues and ads to make collages of gifts that promote physical activity. As students finish with their collages, they may walk around and see what active gifts other students found. The instructor will also walk around calling attention to and mentioning good active gifts that have been found. Then the students will fill out their Active Gift Wish List. The instructor will lead the group in a discussion about active gifts they could give to other people to wrap up this activity.

Follow-up/ Assessment:

The collages may be displayed on a wall. The Active Gift Wish List will go home to be shared with families.

Modifications:

If time permits, the students could present their collages. During the discussion, the instructor could flip through an ad or catalogue showing the students pictures of toys and having them help determine if the gifts promote being active or sedentary.

Discussion Points

Some gifts could promote sedentary or active behavior. One person may dance/exercise with a music player while another person might just sit and listen to the music.

Sedentary activities are activities that you do while sitting and you don't move very much.

Sedentary activities often leave you feeling tired.

It is hard to get 60 minutes of physical activity in when you spend more than two hours a day sitting in front of a screen.

Physical activities are activities that get you up and moving.

Physical activities are fun, make you feel good, and keep you healthy

"TV can be fun to watch, and sometimes educational too, but you don't want to watch it all the time. In fact, it's not good to watch more than 2 hours a day, and that includes DVDs or videotapes too."

"The toys and gifts you get can affect how much you are sedentary or physically active

What happens if you get a new computer or videogame for your birthday? Are you likely to want to play it for a few hours? That's not a bad thing, but it's important to realize that too many sedentary-type toys and games can make you forget about being physically active. What happens if you get a new baseball glove, soccer ball, jump rope, hula hoop, or bike for a gift? Chances are that you are going to go be physically active with that new present. So, new toys or gifts can really help you or stop you from being physically active."

The students will be encouraged to share physical activity promoting gifts they have received.

Students and their families can move furniture, keep rooms clean, and clear space in the garage or yard to make good places to be physically active at home.

Some active gifts that are not toys or equipment include: swim lessons, pool passes, dance classes, bowling passes, membership to the gym, etc.

To help your family have more time to be physically active together, the following are "gifts" you could give: pick up after yourself, do the dishes, sweep, mop, vacuum, mow the lawn, give them gift certificates for a chore of their choice, etc.

Active gifts that adults might enjoy include: a gym membership, pedometer, walking shoes, weights, sports equipment, etc.

"Thinking about how you get from place to place, how could you change that from sedentary to physically active? *Walk, bike, use a scooter, skateboard, skate etc.*"

Our HOP'N Club goal is for you to watch no more than 2 hours a day.

There are so many great active gifts make sure to choose gifts you really want.

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Introduction

1. Welcome students back to HOP'N Club. Say,

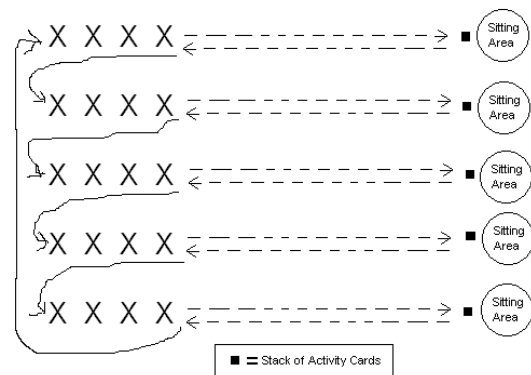
This is the eleventh week of HOP'N Club. What is HOP'N Club? HOP'N Club is a once a week club where we focus on four healthy goals. What are the four HOP'N Goals? Be Physically Active everyday. (Great. How many minutes should we try to get at least? 60 minutes And how many minutes after school? 30) Eat fruits and vegetables at every meal or snack. Cut back on T.V. and video games. (Does that mean never watch T.V.? No, but we should try to limit our T.V. to 2 hours a day.) Drink less soda and juice drinks. (Does that mean never drink soda and juice drinks? No, but we should try to limit our soda and juice drinks to less than one glass a day.) What does HOP'N stand for? Healthy Opportunities for Physical Activity and Nutrition. Who made a vegetable sculpture with their family? Today, we will talk about being active.

Physical Activity Relay

1. Play game. Describe the rules and procedures for game play. Say,

Line up in groups of four or five. Run down to the stack of cards, pick up the top card, and read the card. If the card has a physical activity on it, act out that activity back to the line that you came from and tag the next person's hand. (For example: if the card says, "run," run back; or, if the card says, "basketball," pretend to dribble back.) However; if the card says a sedentary activity- an activity you do not move when you participate in it, sit down criss- cross in your line's hula hoop. When the next person

in line sees the person in front of them sit down, they will run to the stack of cards and draw a card. If he/she draws a physical activity card both students will perform that activity back to the line. If the next student draws a sedentary activity card, the student will join the prior student in sitting criss-cross and waiting for a physical activity card to be drawn. After a student tags the next student in line they will go to the back of the line to the right of their previous line; a student in the farthest line to the right will go to the line on the far left. The game will continue until all cards have been drawn and everyone is back in a line.



Play the game a second time with the entire group working towards beating their first time.

2. Lead the group in a discussion. Guide the students in a discussion concerning sedentary and physical activities. Say,

Which activities kept the game moving? (basketball, walking, hula hoop, running, swimming, etc.) These are active activities. Which activities stopped the game? (T.V., video games, ect.) Sedentary activities are activities that you do while sitting and you don't move very much. Sedentary activities often leave you feeling tired. It is hard to get 60 minutes of physical activity in when you spend more than two hours a day sitting in front of a screen.

Physical activities are activities that get you up and moving. Physical activities are fun, make you feel good, and keep you healthy.

Modifications:

Instead of rotating through the lines students could stay with the same group in the same line.

Active Gifts

1. Lead the students in a discussion. Say,

The toys and gifts you get can affect how much you are sedentary or physically active. What happens if you get a new computer or videogame for your birthday? (you want to play with it a lot) That's not a bad thing, but it's important to realize that too many sedentary-type toys and games can make you forget about being physically active. What happens if you get a new baseball glove, soccer ball, jump rope, hula hoop, or bike for a gift? Chances are that you are going to go be physically active with that new present. So, new toys or gifts can really help you or stop you from being physically active.

What holidays are coming up where you might be asking for presents? (answers will vary) What are presents you are hoping to get? (answers will vary)

Some gifts could promote sedentary or active behavior. One person may dance/exercise with a music player while another person might just sit and listen to the music.

Prompt the students to respond with what they would do with the gifts and if these gifts would facilitate active or sedentary behaviors.

2. Show the students pictures of popular toys. Ask students to put their legs out in front of them if the gift is an active gift and place their legs criss cross if the gift is a sedentary gift. Present a series of pictures and clarify answers.

3. Explain the Active Gift collages. Say,

You will use catalogues and ads to make collages of gifts that promote physical activity. As you finish with your collages, they may walk around and see what active gifts other students found.

4. Walk around calling attention to and mentioning good active gifts that have been found.

Modifications:

If time permits, the students could present their collages.

During the discussion, the instructor could flip through an ad or catalogue showing the students pictures of toys and having them help determine if the gifts promote being active or sedentary.

Review

1. Remind the students. Say,

You and your family can move furniture, keep rooms clean, and clear space in the garage or yard to make good places to be physically active at home.

Some active gifts that are not toys or equipment include: swim lessons, pool passes, dance classes, bowling passes, membership to the gym, etc.

To help your family have more time to be physically active together, the following are "gifts" you could give: pick up after yourself, do the dishes, sweep, mop, vacuum,

mow the lawn, give them gift certificates for a chore of their choice, etc

Active gifts that adults might enjoy include: a gym membership, pedometer, walking shoes, weights, sports equipment, etc.

Our HOP'N Club goal is for you to watch no more than 2 hours a day.

You may take a Wish List to put active gifts you like on and share with your family. Be sure to ask your family what gifts they would like. Next, week we will talk more about being active.

2. Collect nametags.